

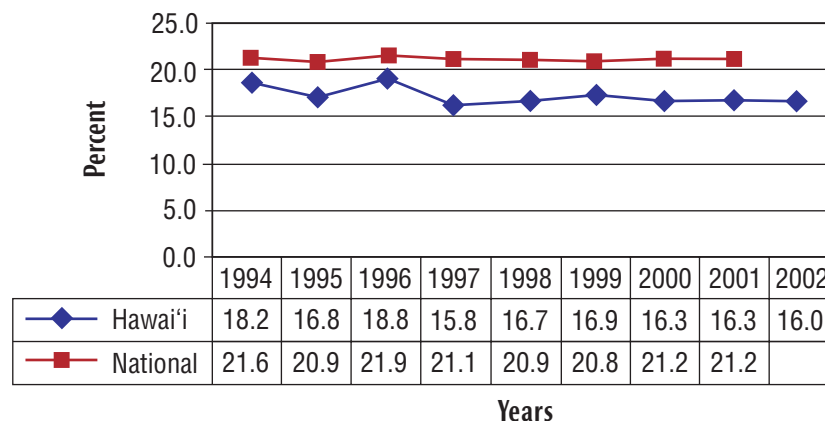
FACT SHEET

Smoking and Women

Hawai'i State Department of Health

- In 2002, 16.5% of women in Hawai'i or about 75,000 women are current smokers. [1]
- An estimated 170,000 women in the U.S. die annually from smoking related diseases. [2]
- In 2000, an estimated 25% of cancer deaths among women can be attributed to lung cancer. Approximately 67,600 U.S. women died from lung cancer surpassing breast cancer (40,800) as the most fatal cancer in women. [2]
- The tobacco industry aggressively targets women and girls with seductive advertising that blatantly exploits images of independence, power, emancipation, and slimness. [2]
- Since 1980, 3 million women have died prematurely due to smoking, losing an average of 14 years of their lives. [2]
- There is evidence that a mother who smokes while pregnant will have children with a greater risk of drug abuse or conduct disorder. [2]
- Prominent facial wrinkling is significantly more common among women smokers than in nonsmokers. [2]
- Smoking may affect menstruation by increasing the risks for painful menstrual cycles and irregularities. [2]
- Smoking can lead to menopause at an earlier age. Smokers will also have more menopausal symptoms. [2]

Hawai'i and National Female Smoking Prevalence, 1994-2001



Data Source: Behavior Risk Factor Surveillance Survey, Hawai'i State Dept. of Health & Centers for Disease Control and Prevention

*National figure of year 2002 unavailable

- Bone density is very important for a woman's health. Those who currently smoke increase their risk for hip fractures when compared to non smokers. [2]

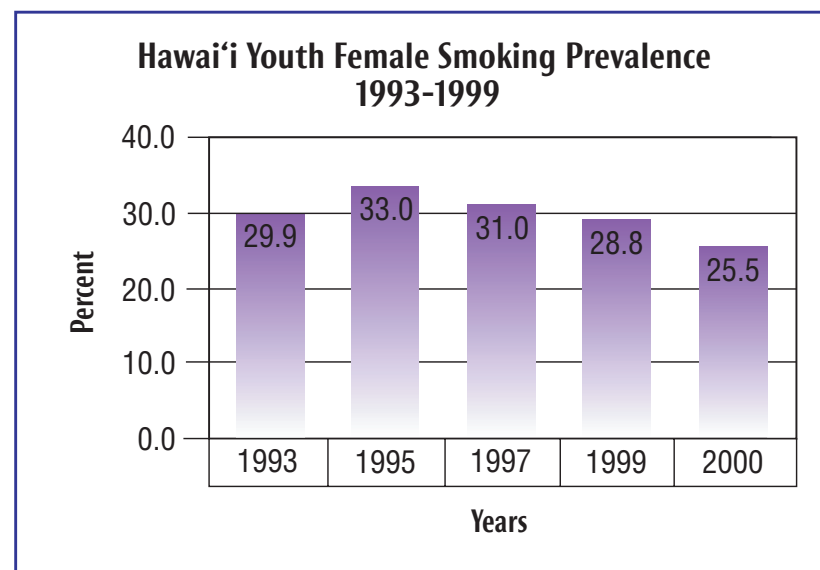
Reproductive health risks are: [2]

- impaired fertility
- spontaneous abortion
- pre-term delivery
- low birth weight

Tobacco Prevention & Education Program
1250 Punchbowl Street, Room 217 • Honolulu, HI 96813
Phone (808) 586-4613

- Women who smoke have a greater risk of developing cataracts. [2]
- In Hawai'i, adolescent girls remain at greater risk for smoking: [3]
 - A higher percentage of females are frequent smokers (11.2% of high school girls compared to 9.3% of high school boys.)
 - 16% of 12th grade girls report frequent smoking
- The health benefits of quitting smoking far outweigh any risks from weight gain caused by smoking. The average weight gain would be 6 to 12 pounds within a year of cessation. [2]

In 2002, 19.8% of women ages 18-24 in Hawaii are current smokers. [1]



Data Source: Youth Behavior Risk Factor Surveillance Survey, Hawai'i State Dept. of Health
 *Year 2000 Data Source: Hawaii Youth Tobacco Survey, Hawai'i State Dept. of Health

REFERENCE:

1. *2002 Behavior Risk Factor Surveillance Survey*. Hawai'i State Department of Health
2. U.S. Department of Health and Human Services. (2001). *Women and Smoking: A Report of the Surgeon General*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health.
3. *2000 Hawai'i Youth Tobacco Survey*. Hawai'i State Department of Health